




# SEPTEMBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <div style="border: 1px solid black; padding: 5px; background-color: yellow;"> <p>1:1's with Living Skills Instructors                      2nd Melissa Pierce                      3rd Emma Peterson                      4th Ryan Conover                      5th Dan Bauman</p> </div>	<div style="border: 2px solid black; padding: 5px; background-color: lightblue;"> <p><b>LOCATIONS:</b>  <b>B9 Basement</b>  <b>IC Instructional Center</b>  <b>MR Music Room</b>  <b>CK Commons Kitchen</b>  <b>DR Dining Room</b>  <b>FSL Floor Small Lounge</b>  <b>FTV Floor TV Lounge</b></p> <p><b>*Community Groups meet by the Instructional Center*</b></p> </div>	<p>1</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>10:30 New Resident Orientation—IC                      1:00 Chair Exercise—3 FTVL                      1:30 Literacy Life—CK (Ryan)                      2:00 Basic Cooking and Snacks—CK (Melissa)                      2:15 Bowling—(Rob)                      C 3:00 Illness Management &amp; Recovery—IC (Mary M.)                      3:00 Activity Pursuit—B9 (Anne)                      C 3:45 Building Social Skills—IC (Emily and Michelle)                      C 3:45 Interpersonal Skills—CK (Christie and Cara)                      6:15 YMCA—IC (Hilary)                      7:00 Informational Video—2 FTV                      7:15 Spiritual Care Group—DR                      C 7:15 Living Your Best Life (DBT)—IC (Mary H.)</p>	<p>2</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV                      1:00 Walkers—IC (Anne)                      1:00 Redem Self Esteem—IC (Emily)                      1:30 Yard Games—meet at IC (Hilary and Chris)                      2:00 Beauty Bash—CK (Melissa)                      2:00 Healthy Relationships—IC (Sara)                      2:30 YMCA—(Rob)                      2:45 Successful Independence—CK (Dan and Melissa)                      3:30 Kickin' Butts—IC (Mary M.)                      4:00 Basic Computer Skills—3 FTVL                      4:00 Mental Health / Mental Wellness—CK (Christie)                      7:00 Men's Haircuts—4 FSL (Ryan)                      7:00 Wii Group—CK (Anne)</p>	<p>3</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV                      12:45 Creative Journaling—MR (Michelle)                      2:00 Knit Wits—DR (Dan)                      3:30 Mindful Eating—IC (Emily)                      4:15 Letters from Andrew—CK                      C 7:00 AA—IC                      7:00 Pokeno—3 FTVL                      8:00 Friday Nights Fights—4 FTVL (Ryan)</p>	<p>4</p> <p style="text-align: center;">SEE WEEKEND GROUP CALENDAR FOR:</p> <p>Interpersonal Skills Groups                      Leisure Groups                      Health Education Groups                      Vocational Groups                      Basic Living Skills Groups</p> <div style="text-align: right;">  </div>
<p>5</p> <p style="text-align: center;">SEE WEEKEND GROUP CALENDAR FOR:</p> <p>Interpersonal Skills Groups                      Leisure Groups                      Health Education Groups                      Vocational Groups                      Basic Living Skills Groups</p> <p>1:30 Bingo—3 FTVL</p>	<p>6</p> <div style="border: 2px dashed black; padding: 5px; background-color: yellow;"> <h2 style="margin: 0;">Labor Day</h2>  <p style="text-align: center; font-size: small;">See Signs for Activities</p> </div>	<p>7</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV                      10:00 Cards and Coffee—Net Café (Anne)                      10:30 Catholic Communion Service—DR                      1:30 Freelance Art—B9 (Ryan)                      2:00 Assertiveness Skills—IC (Elizabeth)                      4:00 Poetry Group—DR (Rob)                      7:00 Reading Room—IC</p>	<p>8</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>10:30 New Resident Orientation—IC                      1:00 Chair Exercise—3 FTVL                      1:30 Literacy Life—CK (Ryan)                      2:00 Basic Cooking and Snacks—CK (Melissa)                      2:15 Bowling—(Rob)                      C 3:00 Illness Management &amp; Recovery—IC (Mary M.)                      3:00 Activity Pursuit—B9 (Anne)                      C 3:45 Building Social Skills—IC (Emily and Michelle)                      C 3:45 Interpersonal Skills—CK (Christie and Cara)                      6:15 YMCA—IC (Hilary)                      7:00 Informational Video—2 FTV                      7:15 Spiritual Care Group—DR                      C 7:15 Living Your Best Life (DBT)—IC (Mary H.)</p>	<p>9</p> <p style="text-align: center;"><b>Rosh Hashanah</b></p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV                      1:00 Walkers—IC (Anne)                      1:00 Redem Self Esteem—IC (Emily)                      1:30 Yard Games—meet at IC (Hilary and Chris)                      2:00 Beauty Bash—CK (Melissa)                      2:00 Healthy Relationships—IC (Sara)                      2:30 YMCA—(Rob)                      2:45 Successful Independence—CK (Dan and Melissa)                      3:30 Kickin' Butts—IC (Mary M.)                      4:00 Basic Computer Skills—3 FTVL                      4:00 Mental Health / Mental Wellness—CK (Christie)                      6:45 Stress Relief—IC (Cara)                      7:00 Wii Group—CK (Anne)</p>	<p>10</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV                      12:45 Creative Journaling—MR (Michelle)                      1:30 Anger Management—IC (Cara)                      2:00 Knit Wits—DR (Dan)                      2:45 Resident Employee Chat Room—IC (Suzie)                      3:30 Mindful Eating—IC (Emily)                      3:35 Thinking Better / Feeling Better—CK (Sara)                      4:15 Letters from Andrew—CK                      C 7:00 AA—IC                      7:00 Pokeno—3 FTVL                      8:00 Friday Nights Fights—4 FTVL (Ryan)</p>	<p>11</p> <p style="text-align: center;">SEE WEEKEND GROUP CALENDAR FOR:</p> <p>Interpersonal Skills Groups                      Leisure Groups                      Health Education Groups                      Vocational Groups                      Basic Living Skills Groups</p> <p>2:00 Work Support Group—IC (Suzie)</p>
<p>12</p> <p style="text-align: center;">SEE WEEKEND GROUP CALENDAR FOR:</p> <p>Interpersonal Skills Groups                      Leisure Groups                      Health Education Groups                      Vocational Groups                      Basic Living Skills Groups</p> <p>1:30 Bingo—3 FTVL</p> <div style="text-align: center;">  </div>	<p>13</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV                      1:00 Walkers—(Rob)                      1:30 Craft Club—B9 (Anne)                      TBA Out and About—IC (Hilary) [See Flyer]                      6:00 Community Council Board Meeting—IC                      6:45 Freedom from Addictions—CK (Christie)                      7:00 Grief Support Group—IC (Mary M.)                      8:00 TV Wrestling—4 FTV</p>	<p>14</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV                      10:00 Cards and Coffee—Net Café (Anne)                      1:30 Freelance Art—B9 (Ryan)                      1:30 Basic Computer Skills—5FTV (Dan)                      1:45 Drum Jam—MR (Chris H.)                      2:00 Assertiveness Skills—IC (Elizabeth)                      4:00 Poetry Group—DR (Rob)                      7:00 Reading Room—IC</p>	<p>15</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>10:30 New Resident Orientation—IC                      1:00 Chair Exercise—3 FTVL                      1:30 Literacy Life—CK (Ryan)                      2:00 Basic Cooking and Snacks—CK (Melissa)                      2:15 Bowling—(Rob)                      C 3:00 Illness Management &amp; Recovery—IC (Mary M.)                      3:00 Activity Pursuit—B9 (Anne)                      C 3:45 Building Social Skills—IC (Emily and Michelle)                      C 3:45 Interpersonal Skills—CK (Christie and Cara)                      6:15 YMCA—IC (Hilary)                      7:00 Informational Video—2 FTV                      7:15 Spiritual Care Group—DR                      C 7:15 Living Your Best Life (DBT)—IC (Mary H.)</p>	<p>16</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV                      1:00 Walkers—IC (Anne)                      1:00 Redem Self Esteem—IC (Emily)                      1:30 Yard Games—meet at IC (Hilary and Chris)                      2:00 Beauty Bash—CK (Melissa)                      2:00 Healthy Relationships—IC (Sara)                      2:30 YMCA—(Rob)                      3:30 Kickin' Butts—IC (Mary M.)                      4:00 Basic Computer Skills—3 FTVL                      4:00 Mental Health / Mental Wellness—CK (Christie)                      6:45 Stress Relief—IC (Cara)                      7:00 Men's Haircuts—4 FSL (Ryan)                      7:00 Wii Group—CK (Anne)</p>	<p>17</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV                      12:45 Creative Journaling—CK (Michelle)                      1:30 Anger Management—IC (Cara)                      2:00 Knit Wits—DR (Dan)                      3:30 Mindful Eating—IC (Emily)                      3:35 Thinking Better / Feeling Better—CK (Sara)                      4:15 Letters from Andrew—CK                      C 7:00 AA—IC                      7:00 Pokeno—3 FTVL                      8:00 Friday Nights Fights—4 FTVL (Ryan)</p>	<p>18</p> <p style="text-align: center;"><b>Yom Kippur</b></p> <p style="text-align: center;">SEE WEEKEND GROUP CALENDAR FOR:</p> <p>Interpersonal Skills Groups                      Leisure Groups                      Health Education Groups                      Vocational Groups                      Basic Living Skills Groups</p> <div style="text-align: right;">    </div>
<p>19</p> <p style="text-align: center;">SEE WEEKEND GROUP CALENDAR FOR:</p> <p>Interpersonal Skills Groups                      Leisure Groups                      Health Education Groups                      Vocational Groups                      Basic Living Skills Groups</p> <p>1:30 Bingo—3 FTVL</p>	<p>20</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV                      1:00 Walkers—(Rob)                      1:30 Craft Club—B9 (Anne)                      TBA Out and About—IC (Hilary) [See Flyer]                      1:30 Peer Review —CK (Mary H.)                      4:15 Coping with Panic &amp; Anxiety—IC (Mary H.)                      6:45 Freedom from Addictions—CK (Christie)                      7:00 Grief Support Group—IC (Mary M.)                      8:00 TV Wrestling—4 FTV</p>	<p>21</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV                      10:00 Cards and Coffee—Net Café (Anne)                      1:30 Freelance Art—B9 (Ryan)                      1:30 Basic Computer Skills—5FTV (Dan)                      1:45 Drum Jam—MR (Chris H.)                      2:00 Assertiveness Skills—IC (Elizabeth)                      4:00 Poetry Group—DR (Rob)                      7:00 Reading Room—IC</p>	<p>22</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>10:30 New Resident Orientation—IC                      1:00 Chair Exercise—3 FTVL                      1:30 Literacy Life—CK (Ryan)                      2:00 Basic Cooking and Snacks—CK (Melissa)                      2:15 Bowling—(Rob)                      C 3:00 Illness Management &amp; Recovery—IC (Mary M.)                      3:00 Activity Pursuit—B9 (Anne)                      C 3:45 Building Social Skills—IC (Emily and Michelle)                      C 3:45 Interpersonal Skills—CK (Christie and Cara)                      6:15 YMCA—IC (Hilary)                      7:00 Informational Video—2 FTV                      7:15 Spiritual Care Group—DR                      C 7:15 Living Your Best Life (DBT)—IC (Mary H.)</p>	<p>23</p> <p style="text-align: center;"><b>Autumn Begins</b></p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV                      1:00 Walkers—IC (Anne)                      1:00 Redem Self Esteem—IC (Emily)                      1:30 Yard Games—meet at IC (Hilary and Chris H.)                      2:00 Beauty Bash—CK (Melissa)                      2:00 Healthy Relationships—IC (Sara)                      2:30 YMCA—(Rob)                      2:45 Successful Independence—CK (Dan and Melissa)                      3:30 Kickin' Butts—IC (Mary M.)                      4:00 Basic Computer Skills—3 FTVL                      4:00 Mental Health / Mental Wellness—CK (Christie)                      6:45 Stress Relief—IC (Cara)                      7:00 Men's Haircuts—4 FSL (Ryan)                      7:00 Wii Group—CK (Anne)</p>	<p>24</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV                      12:45 Creative Journaling—CK (Michelle)                      1:30 Anger Management—IC (Cara)                      2:00 Knit Wits—DR (Dan)                      3:30 Mindful Eating—IC (Emily)                      3:35 Thinking Better / Feeling Better—CK (Sara)                      4:15 Letters from Andrew—CK                      C 7:00 AA—IC                      7:00 Pokeno—3 FTVL                      8:00 Friday Nights Fights—4 FTVL (Ryan)</p>	<p>25</p> <p style="text-align: center;">SEE WEEKEND GROUP CALENDAR FOR:</p> <p>Interpersonal Skills Groups                      Leisure Groups                      Health Education Groups                      Vocational Groups                      Basic Living Skills Groups</p> <p>2:00 Work Support Group—IC (Suzie)</p>
<p>26</p> <p style="text-align: center;">SEE WEEKEND GROUP CALENDAR FOR:</p> <p>Interpersonal Skills Groups                      Leisure Groups                      Health Education Groups                      Vocational Groups                      Basic Living Skills Groups</p> <p>1:30 Bingo—3 FTVL</p>	<p>27</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV                      1:00 Walkers—(Rob)                      1:30 Craft Club—B9 (Anne)                      TBA Out and About—IC (Hilary) [See Flyer]                      4:15 Coping with Panic &amp; Anxiety—IC (Mary H.)                      6:00 Community Council Board Meeting—IC                      7:00 Grief Support Group—IC (Mary M.)                      7:15 Resident Community Meeting—DR                      8:00 TV Wrestling—4 FTV</p>	<p>28</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV                      10:00 Cards and Coffee—Net Café (Anne)                      1:30 Freelance Art—B9 (Ryan)                      1:30 Basic Computer Skills—5FTV (Dan)                      1:45 Drum Jam—MR (Chris H.)                      2:00 Assertiveness Skills—IC (Elizabeth)                      4:00 Poetry Group—DR (Rob)                      7:00 Reading Room—IC</p>	<p>29</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>10:30 New Resident Orientation—IC                      1:00 Chair Exercise—3 FTVL                      1:30 Literacy Life—CK (Ryan)                      2:00 Basic Cooking and Snacks—CK (Melissa)                      2:15 Bowling—(Rob)                      C 3:00 Illness Management &amp; Recovery—IC (Mary M.)                      3:00 Activity Pursuit—B9 (Anne)                      C 3:45 Building Social Skills—IC (Emily and Michelle)                      C 3:45 Interpersonal Skills—CK (Christie and Cara)                      6:15 YMCA—IC (Hilary)                      7:00 Informational Video—2 FTV                      7:15 Spiritual Care Group—DR                      C 7:15 Living Your Best Life (DBT)—IC (Mary H.)</p>	<p>30</p> <p style="text-align: center;">AM Wake Up on your floor</p> <p>8:15 Sunrise Exercise—4 FTV                      1:00 Walkers—IC (Anne)                      1:00 Redem Self Esteem—IC (Emily)                      1:30 Yard Games—meet at IC (Hilary and Chris)                      2:00 Beauty Bash—CK (Melissa)                      2:00 Healthy Relationships—IC (Sara)                      2:30 YMCA—(Rob)                      2:45 Successful Independence—CK (Dan and Melissa)                      3:30 Kickin' Butts—IC (Mary M.)                      4:00 Basic Computer Skills—3 FTVL                      4:00 Mental Health / Mental Wellness—CK (Christie)                      6:45 Stress Relief—IC (Cara)                      7:00 Men's Haircuts—4 FSL (Ryan)</p>		